



Caregiver Resources

for USPS Employees

Balancing responsibilities as a caregiver with the demands of your job at the Postal Service can be challenging. Whether you're caring for an aging parent, a spouse with health issues, or a child with special needs, the following resources are available to help you navigate caregiving while managing your work and well-being.

Trusted National Resources for Caregivers

- **MedlinePlus** – medlineplus.gov/caregivers.html
Provided by the National Library of Medicine, this site offers medically reviewed information for caregivers. Topics include managing caregiver stress, coordinating care, and understanding chronic illnesses—great for employees with limited time who need accurate, clear information quickly.
- **Medicare.gov** – medicare.gov/caregiving
Learn how to support a loved one with Medicare. This resource includes tips on medical care, benefits coordination, caregiver newsletters, and patient rights—especially helpful for federal employees navigating complex insurance and healthcare systems.
- **National Institute on Aging** – nia.nih.gov/health/caregiving
This site provides guidance on aging-related care, including home safety, communication tips, and managing memory loss. Great for those caring for elderly parents or relatives while balancing shift work.
- **Administration for Community Living** – acl.gov/programs/support-caregivers
You'll find practical tools and links to federal, state, and community resources—ideal for USPS employees who often need flexible and local support options.
- **Alzheimers.gov**
A one-stop federal resource for caregivers of people living with Alzheimer's or other dementias. Includes planning guides, support services, and 24/7 helplines—useful if you're juggling care before or after shifts.
- **Eldercare Locator** – eldercare.acl.gov
A free resource connecting you to local aging services—such as home-delivered meals, in-home support, respite care, and transportation. Enter your ZIP code for help near your delivery route, home, or post office.

You don't have to manage caregiving alone. These tools and services are here to support you—on and off the job. If you're unsure where to start, begin by visiting EAP4YOU.com or reaching out to the EAP for support including counseling, caregiver resources, and stress management—available 24/7.